

# Prenatal Activities Book



Developed by:  
Nurturing Families Network Prenatal Workgroup

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# Introduction

- ▶ **Who:** The Prenatal Activities Collection Manual (PACM) is a work in progress and was created by a deeply committed group of people from the Nurturing Families Network CQI Prenatal Subcommittee workgroup and representatives of the Office of Early Childhood (OEC).
- ▶ **What/why:** The PACM is a collection of favorite activities identified by many NFN sites that can be used by home visitors, group and connection staff to engage prenatal families and support increased retention.
- ▶ **How:** The PACM has activities that all home visiting staff could use with families who are in any trimester of pregnancy, mothers and fathers and teen parents. Each activity has a key that will identify what population it is recommended to be completed with.

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## Population Key

On the top of each page there is a key. These letters and symbols suggest what audience, trimester and topic the activity would work best with.

M – appropriate for mothers

F/P – appropriate for fathers and partners

T – appropriate for teen parents

C/G – appropriate for connections & group

1 – best to use in first trimester of pregnancy

2 - best to use in second trimester of pregnancy

3 - best to use in third trimester of pregnancy



– Attachment



– Self-care



– Relationships



– Nutrition



– Goal Planning/Preparing for Child



– Child Development

# Survey of Interest for Prenatal Home Visits

(Partners For A Healthy Baby Curriculum Topics – An approved NFN Curriculum)

## Why this activity?

Offers parents suggestions of topics home visits could cover. They can prioritize their interests.

M	F	T	CG
1	2	3	

## What we need:

The following topics should be typed into a document that can be printed.

- |                   |                     |               |
|-------------------|---------------------|---------------|
| Pregnancy Changes | Stress Relief       | Birth Plan    |
| Hospital Bag      | Mindfulness         | Safety        |
| Infant Care       | Labor and Delivery  | Baby Supplies |
| Exercise          | Health and Wellness |               |
| Nutrition         | Relationships       |               |
| Partners/Fathers  | Breastfeeding       |               |

## How we do it:

The caregiver(s) are given the document and select the topics they are most interested in learning about during their pregnancy.

# My Child And I Collage/Vision Board

## Why this activity?

Supports parent's hopes, dreams and goals.

## What we need

- ▶ Card stock, thick paper, or construction paper 1
- ▶ Family friendly magazines, baby/toy store catalogues, etc.
- ▶ Glue stick
- ▶ Scissors

## How we do it

- ▶ Ask parents about things they picture themselves doing with their baby as an infant and when he/she grows.
- ▶ Parents cut out pictures and words from magazines, catalogues, etc. to represent activities they would like to do with their child.
- ▶ Parents glue pictures on the board.
- ▶ Parents share the board they created.

## Note:

This activity can be done on a joint visit with both parents. Each parent can create their own board and after they finish they come together and share.

M	F	T	CG
1	2	3	✓



# What's In Your Heart?

## Why this activity?

Helps parents process their emotions

## What we need

- ▶ Paper
- ▶ Markers

## How we do it

- ▶ Have parent draw a large heart on the paper.
- ▶ Parents write any hopes, dreams, anxieties, fears, or questions they might have about their baby.
- ▶ Parents share as they desire.
- ▶ Home Visitor helps process emotions, reflect upon anxieties and help address uncertainties.

## Notes:

This activity may be repeated in different stages of pregnancy

M	F	T	CG
1	2	3	

# Muffled Voices

## Why this activity?

Supports parents learning of child development and begins parent- child attachment

M	F	T	CG
1	2	3	 

## What we need:

- ▶ Curriculum to read or story book

## How we do it:

- ▶ Have parents plug their ears with their fingers and listen as the curriculum or story is read to them. Do not tell them why.
- ▶ Discuss baby's developing hearing and how voices sound in utero.
- ▶ Compare to listening with fingers in their ears: Home Visitor and parent plug their ears with their fingers and talk to each other.
- ▶ Ask what is it like to share baby's experience of sound.

## Notes:

If both parents are present they can listen to each other talk or read

# Will You Parent The Way You Were Parented?

## Why this activity?

Helps caregiver think about how they envision parenting

## What we need

- ▶ Sheet or index card with questions
- ▶ Paper
- ▶ Pen

## How we do it

- ▶ Ask the following questions or have the parent pick a face-down index card. Have parents write their answers.
  1. What are the most clear childhood memories you have?
  2. What are some of the messages you received as a child about yourself?  
(About your ability, intelligence, importance, values, etc.)
  3. In what way do you feel your caregivers had a positive impact on you that you would like to recreate with your child?
  4. Was there anything about your caregivers' approach to raising you that you would like to change as a parent?
- ▶ Engage in conversation about the parents' childhood experiences and their vision as to how they would like to parent their baby.

## Note

This activity can be done as a conversation only.

M	F	T	CG
1	2	3	😊

# Responding To Music

## Why this activity?

Supports the caregivers learning of child development in utero and attachment

## What we need

- ▶ Any device with different types of music, including soft music and loud music
- ▶ Headphones – Large work best

## How we do it

- ▶ Parents use headphones to listen to different types of music.
- ▶ After each music clip, ask:
  - ▶ how do you feel when you listen to this music?
  - ▶ How do you think this music will make your baby feel?
- ▶ Put the headphones on mom's belly and play different types of music. Talk about how the baby is reacting- moving differently etc.
- ▶ Talk about how different kinds of sounds make the baby feel, such as soft and pleasant sounds and loud sounds, including arguments.

## Note:

- ▶ If there is no access to music, substitute with other sounds such as banging pots and pans, singing into mom's belly, clanking spoons



# Visualizing Your Ideal Birth Experience

## Why this activity?

Prepares caregivers for the birth of their child

## What we need

- ▶ Paper (white, decorated, or any other)
- ▶ Markers, crayons or pen

## How we do it

- ▶ Ask parents to draw or write about their ideal birth.
- ▶ This will be different for mom and for dad.
- ▶ Talk about their drawing and about their ideal birth experience.
  - ▶ What will you wear? What will you bring from home? Who will be with you? Do you want your own pillow/blanket? What will you be doing (walking? Using water? Different positions?)
  - ▶ Think outside the box! Discuss expectations vs reality. If mom loves the beach and her ideal birth is at the beach talk about the possibility of bringing a little sand or some shells as a comfort item.

## Note:

This activity can be used with curriculum on labor and delivery.

M F/P T CG  
3 ☀

# Practice Talking With Your Baby

<b>M</b>	<b>F/P</b>	<b>T</b>	<b>CG</b>
<b>1</b>	<b>2</b>	<b>3</b>	😊

## Why this activity?

Prepares caregivers in communicating with their baby

## What we need:

- ▶ Something to read, such as a nursery rhyme, curriculum sheet, book, etc...

## How we do it:

- ▶ Demonstrate how to use higher pitch or soft tones while talking to baby.
- ▶ Give parents something to read using higher pitch tone, soft tone, etc.
- ▶ Parents say “I love you” to baby in the same tone.

## Notes:

- ▶ This activity is helpful to practice a softer tone of voice which parents will use to talk to their baby

# How Big Is My Baby?

(Mom Version)

M T CG  
1 2 3  

## Why this activity?

Helps parents connect to the pregnancy and understand how their baby is growing each week of pregnancy. Supports attachment.

## What we need:

- ▶ Print-out from <http://babycenter/slideshow-baby-size> . Baby's size is compared to fruits and vegetables each of pregnancy
- ▶ The fruit/vegetable that corresponds to the week of mom's pregnancy (It could be a real or fake fruit or vegetable, or a picture of it)

## How we do it:

- ▶ Every visit bring the fruit or vegetable that corresponds to the size of the baby that week. Discuss how much the baby has grown since last visit. Parents can share updates about the pregnancy- is mom feeling differently?

## Notes:

Good to start this activity in early pregnancy.



# How Big is My Baby?

(For dads)

## Why this activity?

Helps parents connect to the pregnancy and understand how their baby is growing each week of pregnancy.  
Supports attachment.

## What we need:

- ▶ Print-out from: <https://www.thebump.com/a/how-big-is-baby-dad-to-be-edition> .
- ▶ Bring everyday objects that dad can relate to compare the baby's size

## How we do it:

- ▶ During each visit bring the object that corresponds to the size of the baby that week. Discuss how much the baby has grown since last visit.

## Note:

See previous slide for adaptation for mom





# Baby Gender Reveal Cards

## Why this activity?

Provides caregivers an opportunity to celebrate their baby's gender

## What we need:

- ▶ Several cards- they can be cut out from thick, colorful paper
- ▶ Stickers, markers, stamps/stamping pads
- ▶ Any other supplies to decorate the cards
- ▶ Envelopes

## How we do it:

- ▶ Plan this activity with parents ahead of their doctor's appointment when they will find out the baby's gender.
- ▶ Parents can decorate the cards and leave room for the baby's gender .
- ▶ Once they find out, they write on each card: 'it's a boy' or 'it's a girl' and put it in the envelope.
- ▶ Cards are to be given to family members and friends to reveal the baby's gender.

## Note:

This is an activity for early pregnancy when parents learn if they are having a boy or a girl

F/P T CG  
2 ♥

# Countdown To Due Date Chain



## Why this activity?

Provides caregivers a timeline for when their baby will arrive

## What we need:

- ▶ 11" x 1.5" strips of fun, colorful paper
- ▶ Pen or markers
- ▶ Stapler or tape
- ▶ Stickers (optional)

## How we do it:

- ▶ Parent chooses if they want to count the weeks or the days they have left until their due date.
- ▶ Each strip of paper represents one week (or one day)
- ▶ Write the numbers of weeks/days on the paper strips.
- ▶ Staple both sides of the first strip together, to make a circle. Put the next strip of paper through the first one, and staple it, and so on.

M	F/P	T	CG
1	2	3	✓
			♥

# Changing Diapers With A Smile

## Why this activity?

Provides caregivers, especially men, an opportunity to practice diaper changing

## What we need:

- ▶ A baby doll with a diaper on
- ▶ Thick Marker
- ▶ A clean diaper

## How we do it:

- ▶ Before taking the 'dirty' diaper off the doll, write funny messages on the diaper.
- ▶ For example:
  - "Caution! Open at your own risk",
  - "Only a few thousand to go before I'm potty trained"
  - "It's Daddy's turn!"
  - "Do you smell something?"
  - "Do you know what you're doing?"
  - "I'm cute! Change me!"
- ▶ Parents can make their own sayings

## Note:

Another idea is for parents to write something and put the diaper back in the pile for the other parent to find it.

**M** **F/P** **T** **CG**  
**1** **2** **3** ☺ ✓

# Changing Diapers With A Smile

(continued)



# Hopes and Dreams Bottle/Ornament

## Why this activity?

Caregivers can write their future hopes and dreams for this child

M F/P T CG  
1 2 3 

## What we need:

- ▶ Clear container- small bottle works well
- ▶ Scrap book paper, or any decorated paper
- ▶ Ribbon

## How we do it:

- ▶ Parents write to their baby about the hopes and dreams they have for the baby or they can write a story or poem for the baby
- ▶ When they are done, they roll the paper like a scroll and tie with ribbon.
- ▶ Place it in the clear bottle.
- ▶ **Optional:** Tie another piece of ribbon on the neck of the bottle so it can be hanged.
- ▶ Parents will keep this to give to their child when she/he is older.

## Note:

This can be done as a holiday activity – the bottle can be hung on the Christmas tree as an ornament.

(If done as an ornament - winter or holiday paper and a shiny foil ribbon can be used for an additional sparkle)

# Belly Massage

F/P

1 2 3 ☺ ☀

## Why this activity?

Provides an opportunity of relaxation for mom and bonding time for mom and dad

## What we need:

- ▶ Handout on how mom and baby would benefit from belly massage

## How we do it:

- ▶ Suggest to dad to ask mom how she is feeling and what she would like massaged (feet, back, stomach)
- ▶ Talk to dad about checking in with her about her comfort and make adjustments as needed

## Note:

Good for all stages of pregnancy

Mother's needs and requests will change as she and baby grow

# Baby Backpack

F/P  
3 😊

## Why this activity?

Helps dads connect to pregnancy

## What we need:

- ▶ Backpack and water balloon or bag of flour, potatoes or rice

## How we do it:

- ▶ Place the water balloon or bag of flour in the backpack and have dad wear it on the front of him
- ▶ Have dad try to do some tasks or activities while wearing the weight. For example: Can you tie your shoes?
- ▶ Have him see how long he can do the tasks comfortably

## Note:

This is most effective in late pregnancy



# Father Talk

## Why this activity?

Provides an opportunity for dad to bond with the baby

F/P

2 3



## What we need:

- ▶ A children's book or some music

## How we do it:

- ▶ Dad places his face/voice close to Mom's belly
- ▶ He talks, sings or reads to the baby. He can play some of his favorite music for baby to hear. Baby will remember it when s/he is born. If dad plays an instrument, let him play it for the baby to hear.

## Note:

Good practice throughout pregnancy.

Baby may move and kick in response in third trimester.



# Bedtime Story

M F/P T  
2 3 ❤️

## Why this activity?

Provides an opportunity for caregivers to start forming an attachment to their baby

## What we need:

- ▶ A children's book

## How do we do it:

- ▶ Start the habit of reading before going to sleep. Read the story to baby. This can be a variety of books or the same (favorite) book every night.

## Note:

When the baby arrives she/he will be familiar with the voices and sounds heard while in utero



# Homemade Baby Book

## Why this activity?

Provides caregiver the opportunity to celebrate their pregnancy and new baby

## What we need:

- ▶ Paper for pages
- ▶ Hole punch
- ▶ Pictures
- ▶ Markers, crayons, glue
- ▶ Yarn/ribbon/twine/cord or binder

## How we do it:

- ▶ Decorate pages to record: pregnancy, baby's birth, baby's firsts, family tree, gifts received, celebrations, parents' feelings ,etc.
- ▶ Punch holes to bind as a book with yarn/ribbon or put into a binder

## Note:

Nurturing Book has pages that can be used for this purpose (Bavolek's approved curriculum)

M	F/P	T	CG
1	2	3	✓❤

# Baby Fact Card Game

## Why this activity?

Creates an opportunity for caregivers to further their knowledge of parenting and child development

## What we need

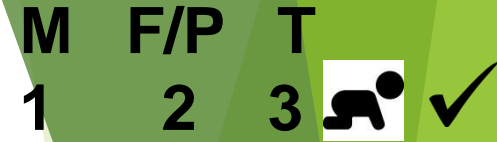
- ▶ Card Stock cut to size or 3x5 index cards
- ▶ Markers

## How we do it

- ▶ Write True/False or Multiple Choice questions on each card for a variety of parenting or developmental topics.
- ▶ Parents draw a card, give their answer and place them in three piles. The piles are:
  - I Know This
  - I Know Some but Want to Know More
  - I Never Knew That!

## Note:

This is a great way to learn parents' interests and knowledge and set topics for future home visits



# Measuring Belly

## Why this activity?

Provides an opportunity for caregivers to embrace the pregnancy and celebrate their growing baby

## What we need:

- ▶ A tape measure and/or a camera

## How we do it:

- ▶ At the beginning of each month measure from the top of the belly to the bottom and record the growth and change.
- ▶ OR, at the beginning of each month take a picture of Mom standing sideways in the same spot and watch how she and Baby grow.

## Note:

Fun for Mom and Dad to do together.



F/P T CG  
2 3 ♥ 😊

# Swaddling Baby

## Why this activity?

Allow caregivers to practice swaddling for when baby arrives

## What we need

- ▶ Doll
- ▶ Square blanket

## How we do it

- ▶ Choose a guide. There are many pictures and videos online.
- ▶ Have Mom and Dad practice swaddling a doll to improve their skills.
- ▶ Talk about the benefits and challenges of swaddling.

## Note

Some couples love a friendly competition!

<b>M</b>	<b>F/P</b>	<b>T</b>	<b>CG</b>
<b>2</b>	<b>3</b>	✓	😊

# Mixing Formula

## Why this activity?

Provides an opportunity for caregivers to think about how they want to feed their baby, and learn how to prepare formula if they do not intend to breastfeed

## What we need

- ▶ Bottle
- ▶ Purified water
- ▶ Powdered formula

## How we do it

- ▶ Read the directions together and discuss the need for the proper mix for infant nutrition. Practice measuring, mixing and heating according to safe guidelines.

## Note:

Discuss all options for breast or bottle feeding (pumped breast milk or formula) with an open mind and sensitivity to the family's decision.

Ask the family if this is a lesson they are interested in learning.

M	F/P	T
2	3 ✓	

# Dirty Diaper Change

## Why this activity?

Teaches caregivers how to change a dirty diaper

## What we need

- ▶ Doll
- ▶ Diaper
- ▶ Nutella

## How we do it:

- ▶ Smear Nutella on the inside of the diaper.
- ▶ Put the diaper on the doll.
- ▶ Guide parent through the diaper change process.

## Note

The 'dirty diaper' can be prepared ahead of the visit for a surprise!

Dads seem to appreciate this activity

M	F/P	T
2	3 ✓	

# From Candyland To Babyland

## Why this activity?

### What we need:

- ▶ Candy Land game board, color cards and game pieces
- ▶ Pen or markers, or computer
- ▶ Card stock or construction paper cut in four, OR computer paper and laminating sheets, OR index cards
- ▶ Optional: Laminator or manual laminating sleeves.

### How we do it:

- ▶ Prepare "baby cards" with information about pregnancy such as fun facts, tips, frequently asked questions, words, easy nutritious recipes, etc.
- ▶ Information can be simply written on index cards, or typed up and printed on any kind of paper. If you have a laminator or can purchase laminating sleeves, laminate the cards so they last longer.

How to play:

- ▶ Place Candyland color cards face down.
- ▶ Place your 'baby cards' face down.
- ▶ Choose a Candyland color that will signal drawing a card from the "baby card" pile.
- ▶ Follow Candyland game instructions, taking turns with parent.
- ▶ When someone lands on the chosen color they pick a baby card and read it. Talk with parent about what is on the card.

### Note

You can color code your baby cards and designate colors to different topics. For example, blue baby cards may have information on nutrition, green cards on stages of labor, red cards on relaxation and pain management techniques etc...





# Belly Cast

M F/P  
3  

## Why this activity?

Provides an opportunity for mom to embrace her pregnancy and remember it.

Also provides a great opportunity for mom and dad to bond

## What we need:

- ▶ 1 plastic drop cloth
- ▶ 1 jar petroleum jelly
- ▶ 1 pair gloves
- ▶ 3-4 rolls plaster casting material (each 4 x 5 yards)
- ▶ 1 standing screen
- ▶ Basin of room-temperature water
- ▶ Chair
- ▶ A helper

You may also want:

- 1 Paint brush
- 1 bottle gesso finishing material
- Craft supplies for decorating your cast

## How we do it:

For full instructions go to :

<http://www.pregnancyandbaby.com/pregnancy/articles/937767/make-your-own-belly-cast>

# Labor And Delivery Word Search

## Why this activity?

Creates an opportunity for the caregiver to learn about the delivery process

M	F/P	T
1	2	3 ✓

## What we need:

- ▶ Pen
- ▶ Paper
- ▶ Computer

## How we do it:

- ▶ Create word search hiding words that have to do with labor and delivery such as placenta, dilation, breathing, ... Have parents find the hidden words and talk about each word as they find it. This is a good activity to help parents understand what to expect during labor.
- ▶ To create word search: Print out a blank grid with twelve lines and twelve columns. Write in words that you want to talk about with the parent. Words can read forward, backward, on diagonal, etc. Fill in the remaining spaces with random letters.
- ▶ Copy the grid into a word document and print it out.
- ▶ Or, use the word search on the next page.

## Note

This activity may not be appropriate for parents with learning disabilities or with low educational level.

To make it easier for some parents, highlight the first letter of each word.

# Word Search

(continued)

n	c	s	o	f	c	t	q	d	u	c	f
b	a	l	n	j	m	p	h	r	f	s	e
d	v	i	e	c	h	l	p	b	w	n	t
n	l	k	s	a	z	a	n	i	g	c	u
c	o	n	t	r	a	c	t	i	o	n	s
e	t	g	i	o	q	e	p	l	e	k	i
r	b	x	n	a	m	n	i	o	t	i	c
v	y	d	g	r	b	t	s	a	d	o	n
i	f	c	s	h	g	a	r	h	s	f	b
x	i	l	b	a	d	j	n	c	t	e	y
m	a	c	e	s	a	r	e	a	n	o	p

Find the following words:

**contractions**   **amniotic**   **cesarean**   **cervix**   **fetus**   **placenta**

words are left to right and top to bottom

# Scrapbooking

M F/P T  
1 2 3 

## Why this activity?

Provides an opportunity for the caregiver to celebrate and remember the pregnancy

## What we need:

- ▶ Binder, notebook or scrapbook pages
- ▶ Photos and mementos
- ▶ Markers
- ▶ Scissors
- ▶ Glue

## How we do it:

- ▶ Help family organize photos and keepsakes into a book.

## Note

There are many ways to approach a scrapbook from simple to elaborate.

The binder provided for PAT curriculum can be presented as a scrapbook to include pages for photos, letters, memories, etc.

# Social Supports Drawing

M F/P T CG  
1 2 3 ✓

## Why this activity?

Increases parent's knowledge of community resources

## What we need:

- ▶ Pencil, pen, markers
- ▶ Paper OR map of your town

## How we do it:

- ▶ Talk with parent about services for families with young children in their town
- ▶ Use a map or draw a picture of your town
- ▶ Highlight buildings that house community resources (WIC office, library, farmers' markets, doctor's office etc.)
- ▶ Help parent plan how they can get there: will they need to take the bus, can they walk there, where to park, etc...

# Guided Imagery - Relaxation For You And Your Baby

## Why this activity?

Offers parents a form of relaxation

<b>M</b>	<b>F/P</b>	<b>T</b>	<b>CG</b>
<b>1</b>	<b>2</b>	<b>3</b>	 

## What we need:

- ▶ Phone with YouTube app
- ▶ Short guided imagery recording

## How we do it:

- ▶ Help parent understand why it is important for them and for the baby to relax and be calm during pregnancy.
- ▶ Find a short guided imagery recording on YouTube. For example, try “The 5 minute vacation”.
- ▶ The Home Visitor should listen to the whole clip before the HV. There are many five minute meditations on YouTube and not all are a good fit for prenatal parents.
- ▶ Play the recording and have parent follow the directions.
- ▶ Reflect with parent on the experience and help them figure out how to fit five-minute-relaxation into their daily routine.

## Note:

This activity works well with both prenatal moms and dads

Adaptation: Suggest that parents find relaxing meditation music and play it to the belly.

# Sexuality During Pregnancy

## Why this activity?

Increases caregiver's knowledge of sexuality and healthy relationships while pregnant

**M** **F/P** **T** **CG**  
**1** **2** **3** 😊 ❤️

## What we need:

- ▶ List of Frequently Asked Questions about sexuality during pregnancy

## How we do it:

- ▶ Make a list of FAQs about sexuality during pregnancy.
- ▶ Ask parent to choose a question.
- ▶ Talk about their thought and share the answer.
- ▶ Go to the next question.
- ▶ This is a good opportunity to dispel myths about this topic.

## Note:

To prepare for the visit, become familiar with the questions and answers ahead of time. Be aware of your comfort level and think about how you would share the information with a parent. For example, what words will you use, etc...

# How to Hold Your Baby

## Why this activity?

Teaches soon-to-be new parents how to hold their baby when he/she arrives

## What we need:

- ▶ Large doll
- ▶ Optional: baby bottle, burping cloth

## How we do it:

- ▶ Show parent how to hold a baby. Explain about supporting baby's head, show several holding positions etc...
- ▶ Parent can also practice feeding with a bottle (good for dads and partners) and burping the baby

## Note:

This can either be the topic of your visit, OR bring a doll for parent to hold as you go about your planned visit.

M	F/P	T	CG
1	2	3	✓



# Mercury Levels 'Go Fish'

M	F/P	T	CG
1	2	3	

## Why this activity?

Increases caregiver's knowledge of what fish are safe for mom to eat while pregnant

## What we need:

- ▶ Premade cards (deck #1 and deck #2),
- ▶ Small magnet
- ▶ *A Women's Guide to Eating Fish Safely by the Ct. Department of Public Health* handout for refrigerator (**See appendix 4 and 5**)

## How we do it:

- ▶ Give the prenatal mother a handout listing mercury levels in fish and discuss the amounts of low mercury fish recommended per week. Discuss where mercury in the fish come from and why high levels of mercury are dangerous during pregnancy. Suggested handout: *A Women's Guide to Eating Fish Safely by the Ct. Department of Public Health*.
- ▶ Game 1: Begin the game by handing out 5 cards to each player from deck #1. Remaining cards are left in the "ocean pile" to pull from later on. Player 1 asks player 2 for a particular fish card they have in their hand to create a pair. For example FSP may ask, "Mom, do you have a tuna?". If mom has the tuna, she must hand it over to the FSP. If mom does not have the tuna, she will tell the FSP to "Go Fish" and the FSP draws a card from the ocean pile and places it in her own hand. Mom and FSP continue to play to match as many pairs as possible. The first person to get rid of all their cards wins.
- ▶ Game 2: Hand out the entire deck #2 (with points) amongst the players. Each player asks the other person for a matching fish card and then places it down. Create a list with number values for the cards. 10 for high mercury fish, 5 for canned light tuna, and 1 for low mercury fish. When all the cards are laid down, each person adds up their cards and the one with the lowest score wins the game.

## Note:

Give mom a small magnet and chart for the refrigerator

# Breastfeeding True or False Game

## Why this activity?

Increases caregiver's knowledge on breastfeeding

## What we need:

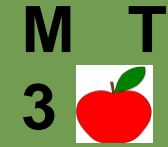
- ▶ Breastfeeding true or false cards cut into squares (one side fact or fiction statement, opposite side is the answer)
- ▶ Scissors,
- ▶ Paper to print on (cardstock best)
- ▶ March of Dimes Breastfeeding handout. (**See appendix** for cards and handout).

## How we do it:

- ▶ Family Support Provider will lay cards down on a table with the true or false statement facing upwards. FSP or prenatal parent reads the statement and FSP asks if she thinks it is true or false and why. Parent then flips the card over and sees the answer. If parent gets it wrong, FSP can explain why it's either a truth or false. Use *March of Dimes Breastfeeding* handout to further facilitate conversation on benefits of breastfeeding.

M F/P T  
2 3 ✓

# WIC Grocery Shopping



## Why this activity?

Increases parent's knowledge on healthy nutrition while pregnant

## What we need:

- ▶ A blank piece of paper
- ▶ WIC card
- ▶ Recipe cards (WIC provides some recipes online)
- ▶ March of Dimes handout, *Eating Healthy During Pregnancy* (Appendix 6)

## How we do it :

- ▶ Check your WIC card to see what foods are allowed to be purchased and the quantity. [CT.gov](http://www.ct.gov/dph/lib/dph/wic_2017/wic_transaction_manual-sb_final.pdf) has helpful handouts to facilitate this conversation.
- ▶ [http://www.ct.gov/dph/lib/dph/wic\\_2017/wic\\_transaction\\_manual-sb\\_final.pdf](http://www.ct.gov/dph/lib/dph/wic_2017/wic_transaction_manual-sb_final.pdf)
- ▶ [http://www.ct.gov/dph/lib/dph/wic\\_2015/wicaccordianfoldjan2016.pdf](http://www.ct.gov/dph/lib/dph/wic_2015/wicaccordianfoldjan2016.pdf)
- ▶ On a blank sheet of paper begin making a shopping list. Use the recommended March of Dimes handout, *Eating Healthy During Pregnancy*, to discuss recommended prenatal nutrition. Use WIC recipes or online recipes to help parent plan meals for mom for the week. There are many recipes that are available online. Supermarkets may also have recipe cards that can help prepare meals.

## Note:

The next visit could be taking a trip to the grocery store to shop for WIC approved foods.

# Four Letter Words

## Why this activity?

Provides an opportunity for caregivers to share their fears, hopes and expectations of delivery and their new baby

## What we need:

- ▶ Pen
- ▶ Paper
- ▶ Red Marker

## How we do it:

- ▶ Have mom and dad think of all the four letter words they can about labor, delivery and newborns. When they call them out, write them out with all the positive words in the middle of the paper and the negative words on the border.
- ▶ Once they are done draw a heart around all the positive words in the middle and explain that this is where the focus should be. All of the negative words outside the heart can still be a part of our thoughts but that we focus on what's inside the heart.

M F/P T  
1 2 3 ✓ ☀